Subjective Thoughts Form

Date: / / 

1. **Predisposition** - Write your personal thought here:

   

2. **Type of Predisposition** - Choose type (from list):

   

3. **Solution** - Choose solution (from your list):

   

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4. **Polarized Predisposition - Positive** - Create an “extremely positive” example of your Predisposition in #1:

5. **Emotion** - How does your (Positive Thought in #4) make you feel? Choose emotion (from list):

6. **Unquestioned Mental Model** - I feel that emotion because?

7. List the evidence that **supports** your Unquestioned Mental Model (in #6):
8. List the evidence that *refutes* your Unquestioned Mental Model (*in #6*):


9. Do any parts of your Unquestioned Mental Model (*in #6*) seem *uncertain*?


10. Under what circumstances might your Unquestioned Mental Model (*in #6*) be *untrue*?


11. If any part of your Unquestioned Mental Model (*in #6*) turns out to be invalid, how much would that *contribute to failure*?
12. **Optimized Mental Model** - Improve your Unquestioned Mental Model (*in #6*) with new variations, so it more accurately reflects your thinking:

13. **Priority - Choose (from list):**
14. Polarized Predisposition - Negative - Create an “extremely negative” example of your Personal Thought in #1:


15. Emotion - How does your (Negative Thought in #14) make you feel? Choose emotion (from list):


16. Unquestioned Mental Model - I feel that emotion because?


17. List the evidence that supports your Unquestioned Mental Model (in #16):


18. List the evidence that *refutes* your Unquestioned Mental Model (*in #16)*:

19. Do any parts of your Unquestioned Mental Model (*in #16*) seem *uncertain*?

20. Under what circumstances might your Unquestioned Mental Model (*in #16*) be *untrue*?

21. If any part of your Unquestioned Mental Model (*in #16*) turns out to be invalid, how much would that *contribute to failure*?
22. **Optimized Mental Model** - Improve your Unquestioned Mental Model (*in #16*) with new variations, so it more accurately reflects your thinking:

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23. **Priority** - Choose priority (from list):

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Type of Predispositions

- Intentions
- Expectations
- Assumptions
- Intuitions
- Opinions
- Conclusions
- Judgments
- Beliefs
- Hopes
- Gut Feelings
Emotions

- Afraid
- Alarmed
- Alienated
- Amused
- Angry
- Annoyed
- Anxious
- Compassion
- Contempt
- Contentment
- Delightful
- Depressed
- Disappointed
- Discouraged
- Disgusted
- Embarrassed
- Euphoric
- Excitement
- Fearful
- Frustrated
- Glad
- Guilty
- Happy
- Hopeful
- Hopeless
- Humiliated
- Hurt
- Inadequate
- Inferior
- Irritated
- Jealous
- Joy
- Lonely
- Love
- Neglected
- Optimistic
- Proud
- Rejected
- Relieved
- Revenge
- Sad
- Satisfied
- Shame
- Shock
- Surprised
- Sympathy
- Unhappy
- Worried
Priority

1. Critical
2. Important
3. Required
4. Optional
5. Noteworthy